

MINCE AND MASH TEDDIES RECIPE

Chef Solus found a super fun way to make teddy bears out of his favorite vegetables.
They are Delicious!!! Come On Let's Get Creative!



This recipe was shared by **The Art of Nutrition**
theartofnutrition.com

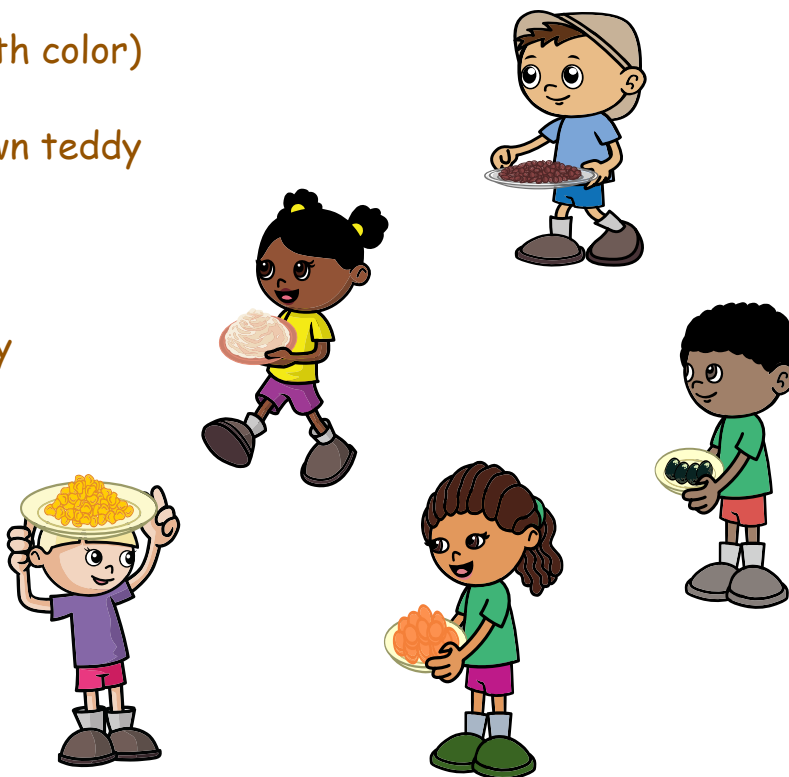
Fun, healthy, creative food for kids big and small
Three new recipes every week!

Visit www.ChefSolus.com for Free [online nutrition games](#), and recipes!
Copyright © Nourish Interactive, All Rights Reserved

MINCE AND MASH TEDDIES RECIPE

Ingredients:

- ◆ 1 Large Plate (best using a plate with color)
- ◆ Meat mix or a lentil beans for brown teddy
- ◆ Mashed potato for white teddy
- ◆ 1 Cookie Cutter bear mold for teddy
- ◆ Corn Kernals for the buttons
- ◆ Carrots for the feet and hands
- ◆ Olives for the eyes



** For a pink teddy use beetroot to stain the mashed potato

MINCE AND MASH TEDDIES RECIPE

Step 1:

Use a cookie cutter mold to make teddies.



MINCE AND MASH TEDDIES RECIPE

Step 2:

Alternated using the cookie cutter mold between mashed potato and meat mix or lentils. Now you are ready to add the teddy features.



MINCE AND MASH TEDDIES RECIPE

Step 3:

Use mashed potato for a button on the brown teddies. Add sliced carrots, corn kernels and olives to make hands, feet, bow ties and faces.



This recipe was shared by **The Art of Nutrition**
theartofnutrition.com

Fun, healthy, creative food for kids big and small
Three new recipes every week!

Visit www.ChefSolus.com for Free [online nutrition games](#), and recipes!
Copyright © Nourish Interactive, All Rights Reserved